

other; a sports program that doesn't isolate typical and special needs children, but integrates them seamlessly into group activities. Both communities benefit from the interaction. Russ has seen that success in his own children as well as the many families who have participated. What began with 5 children has grown into a blossoming effort with 250 young soccer players.

Madam Speaker, it is with great pride and appreciation that I bring Russell Ewell's E-Soccer program to the attention of my colleagues in the House of Representatives. He has created a shining example of how one man's idea can alter the lives of many for the better.

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INTRODUCTION OF H. RES. 816  
CONGRATULATING THE COLORADO  
ROCKIES ON WINNING THE  
NATIONAL LEAGUE CHAMPIONSHIP  
AND PLAYING IN THE 2007  
WORLD SERIES

**HON. MARK UDALL**

OF COLORADO

IN THE HOUSE OF REPRESENTATIVES

*Tuesday, November 13, 2007*

Mr. UDALL of Colorado. Madam Speaker, I rise today to introduce a resolution congratulating the Colorado Rockies on their National League Championship and first-ever franchise appearance in the World Series. The Rockies defied the odds this year by making it to the World Series, capturing the best hopes of Coloradans and giving us all a reason to cheer for their success. Despite a tough loss to a great team in the Boston Red Sox, we remain proud of the Rockies' efforts and astonished at their meteoric rise to the top of the National League.

Toward the close of the season, the Rockies were the underdogs in the National League pennant race. The challenge of making the playoffs seemed as large and daunting as the mountain range for which the Rockies were named, but the team maintained an optimism and competitive spirit that kept them alive long after commentators had written them off. Winning 21 of their last 22 games prior to the World Series—an unprecedented feat in baseball history—the Rockies rolled over expectations and swept the Arizona Diamondbacks in the NLCS.

The World Series proved to be a bigger challenge than the Rockies could surmount, and they lost in four games to a very talented Red Sox team. Despite the losses, the Rockies carried themselves with dignity and true sportsmanship, giving Coloradans something to be proud of. As the father of two young athletes I can say that the way the Rockies carried themselves is a tremendous example for our young people. We would have loved to have seen the Rockies bring home a victory this year, but, as the Red Sox' Manny Ramirez said during the ALCS, there's always next year. I know I am not alone in looking forward to watching some great Rockies baseball in the future.

I hope my colleagues will join me in congratulating the Colorado Rockies on a great season and in thanking them for serving as great examples of professional athletes practicing sportsmanship.

MOURNING THE LOSS OF MIKE  
BIONDI

**HON. RAHM EMANUEL**

OF ILLINOIS

IN THE HOUSE OF REPRESENTATIVES

*Tuesday, November 13, 2007*

Mr. EMANUEL. Madam Speaker, I rise today to honor the life and memory of my good friend, Mike Biondi, and I offer my deepest condolences to his family after his passing last night at the age of 50. Mike's sudden and tragic passing came as a great shock to me, as I had planned to see him early next week, and I hope that we can do as good of a job remembering Mike as he did living an outstanding life that had a positive impact on so many across the country.

Mike was a founding partner at Wasserstein Perella & Co., and rose to become chairman and CEO. I had the honor of working with Mike at Wasserstein, and I am privileged to have been able to call him a friend. Mike took me under his wing during my time at Wasserstein and became my mentor.

While working as an investment banker at Wasserstein Perella & Co., Mike helped establish Chicago-based Exelon Corporation, one of the Nation's largest electric utilities. Mike could literally take credit for helping to keep Chicagoans warm during our coldest winters.

Mike joined First Boston's mergers and acquisitions team after serving as an attorney at Skadden, Arps, Slate, Meagher & Flom. He spent the past 4 years at Lazard LLC, where he served as cochairman of investment banking. No matter where he worked, Mike was held in high esteem and widely recognized for his intellectual acumen, wisdom and integrity.

Mike graduated from Dartmouth University where he played on the baseball team. He also received graduate degrees from the University of Pennsylvania Law School and Wharton business school. Mike continued to be active with the Dartmouth community and co-chaired the Dartmouth College Fund Committee with his wife Cynthia.

No matter where he went—Dartmouth, Penn, Lazard, Wasserstein—Mike had a profound effect on people. He was not just my mentor or the mentor for others at his firms, but he was also a role model for the people whose lives he touched and a mentor to students both during his time on campus and as an alumnus.

Madam Speaker, Mike was a titan in his field, and a tremendous human being. He is survived by his wife Cynthia, his four sons, Michael Jr., James, William, and Cameron, and his two brothers, Frank and Robert. I extend my deepest condolences and gratitude to his family. We will all miss Mike, and I know that I will never forget the lessons he taught me both in business and in life.

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DOING MORE THAN TALKING  
ABOUT PHYSICAL FITNESS

**HON. ELIJAH E. CUMMINGS**

OF MARYLAND

IN THE HOUSE OF REPRESENTATIVES

*Tuesday, November 13, 2007*

Mr. CUMMINGS. Madam Speaker, we are all well acquainted with the Mark Twain quote, "Everyone talks about the weather but nobody

does anything about it." I think the 21st century equivalent of Mr. Twain's words might be, "Everyone talks about physical fitness but far too few do anything about it."

There is strong evidence that increased physical fitness not only benefits the individual, but our society and our economy as well. Increased physical fitness not only reduces the risk of heart disease but it also reduces the risk of developing diabetes and can help control Type II Diabetes.

Additionally, physical fitness can help older adults build stronger bones and develop muscle; thereby lessening the severity of any fall. Physical fitness also increases worker productivity, contributes to lower workplace absenteeism and improves mental health. A physically fit society also lowers Federal spending to combat diseases like heart disease or hypertension that affect so many of our Medicaid patients.

The importance of physical activity as a benefit to all was recently highlighted by a new study on the economic burden of chronic disease, authored by the Milken Institute. Its findings are stark—the incidence and costs of chronic disease are rising rapidly. If nothing is done to increase the level of fitness in the Nation, the costs of treating the associated diseases will grow by 42 percent over the next decade.

According to the Milken Institute study, we need to move our health care system to one that provides incentives for prevention, wellness and focuses on achieving a healthy body weight. It is evident that an increased amount of physical fitness contributes materially to these goals. Furthermore, as Members of Congress, we should be looking at how to best effectively improve physical fitness.

One way is to remove any inequities under Federal law that prevents the promotion of physical fitness. Two inequities currently exist. First, gym memberships that employees provide for off-site facilities are taxable to the employee as a benefit while those in-house are not—a clear disincentive for both companies and individuals to work fitness into the work day. Second, flexible spending accounts can not be used for physical fitness equipment or activities. Thus, we have a situation where you can use a flexible spending account on medicines to treat illnesses such as diabetes but the funds can not be used to increase the opportunity to exercise, which often controls and sometimes can prevent disease.

In both cases, legislation is currently pending before the Ways and Means Committee to correct these inequities. I urge the members of the Committee and its leadership to consider them expeditiously and to disprove Mark Twain's reworked adage.

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BIRTHDAY OF GURU NANAK,  
FOUNDER OF SIKHISM

**HON. EDOLPHUS TOWNS**

OF NEW YORK

IN THE HOUSE OF REPRESENTATIVES

*Tuesday, November 13, 2007*

Mr. TOWNS. Madam Speaker, this month marks the 538th birthday of Guru Nanak, the founder of the Sikh religion. As you may know, Guru Nanak was born in 1469 in what is now West Punjab. Every year, Sikhs from around the world gather in Nankana Sahib, where